Helsana

Recognised PRIMEO partners

Give us a call prior to receiving benefits, a treatment or a check-up on 0844 80 81 82. We will advise you and put you in contact with the right people. If you are interested in an innovative treatment form, please consult your doctor. Most tests are only carried out and reimbursed if prescribed by a doctor (e.g. genetic analyses). Insured persons who have chosen an alternative insurance model for their basic insurance should first contact their general practitioner or the telemedicine Health Consultation.

Last revised november 2026. Changes to this list may be made over the course of the year. The right to make such changes remains expressly reserved.

Acute care hospitals

Canton	City / Town	Clinic	Free choice of doctors and comfort benefits during outpatient procedures, treatments and consultations	Check-up	Innovative diagnosis and treatment methods (Medical innovation)	Options for overnight stays
AG	Aarau	Hirslanden Klinik Aarau	✓	–	–	Clinic/Hotel
	Aarau	Kantonsspital Aarau	✓	–	–	Clinic/Hotel
	Dättwil	Kantonsspital Baden	✓	Medical check-up	–	Clinic/Hotel
AR	Speicher	Berit Klinik AG	✓	–	✓	Clinic/Hotel
BE	Bern	Hirslanden Klinik Beau-Site	✓	–	–	Clinic/Hotel
	Bern	Hirslanden Klinik Permanence	✓	–	–	Clinic/Hotel
	Bern	Hirslanden Salem-Spital	✓	–	–	Clinic/Hotel
	Bern	Klinik Sonnenhof	✓	–	–	Clinic/Hotel
	Biel/Bienne	Spitalzentrum Biel	✓	Medical check-up	–	Hotel
	Burgdorf	Vista Operationszentrum Burgdorf	✓	–	–	Hotel
	Thun	Spital STS AG	✓	–	–	Clinic/Hotel
BS	Basel	Bethesda Spital	✓	–	–	Clinic/Hotel
	Basel	Merian Iselin Klinik	✓	–	–	Hotel
	Basel	St. Claraspital	✓	–	–	Hotel
	Basel	Universitäts-Kinderspital beider Basel	✓	Medical check-up	–	Clinic/Hotel
LU	Luzern	Sportmedizin Zentralschweiz	–	Sports check-up	–	–
	Nottwil	Schweizer Paraplegiker-Zentrum	–	Sports check-up	–	–
SG	Altstätten	Spital Altstätten	✓	–	–	Clinic/Hotel

Acute care hospitals

Canton	City / Town	Clinic	Free choice of doctors and comfort benefits during outpatient procedures, treatments and consultations	Check-up	Innovative diagnosis and treatment methods (Medical innovation)	Options for overnight stays
	Goldach	Berit Klinik AG (Location Goldach)	✓	–	✓	Clinic/Hotel
	Grabs	Spital Grabs	✓	–	–	Clinic/Hotel
	Niederuzwil	Thurklinik AG	✓	–	–	Clinic/Hotel
	St. Gallen	Klinik Stephanshorn	✓	–	–	Clinic/Hotel
	St. Gallen	Oberwaid – health resort and private clinic	–	Medical check-up/ stress check-up	–	–
	Uznach	Spital Linth	✓	–	–	Clinic/Hotel
	Walenstadt	Spital Walenstadt	✓	–	–	Clinic/Hotel
SH	Schaffhausen	Klinik Belair	✓	–	–	Clinic/Hotel
VD	Lausanne	Hirslanden Lausanne, Clinique Bois Cerf	✓	–	–	Clinic/Hotel
	Lausanne	Hirslanden Lausanne, Clinique Cecil	✓	Medical check-up	–	Clinic/Hotel
	Lausanne	Hôpital ophtalmique Jules Gonin	✓	–	–	Clinic/Hotel
ZG	Baar	Zuger Kantonsspital	✓	Medical check-up	–	Clinic/Hotel
	Cham	Andreas Klinik	✓	–	–	Clinic/Hotel
ZH	Schlieren	Spital Limmattal	✓	Medical check-up	–	Hotel
	Uster	Spital Uster	✓	Medical check-up	–	Hotel
	Winterthur	Kantonsspital Winterthur	✓	–	–	Clinic / Hotel
	Zürich	Kinderspital Zürich	✓	–	–	Clinic/Hotel
	Zürich	Privatklinik Bethanien	✓	–	–	Clinic/Hotel
	Zürich	Schulthess Klinik	✓	Sports check-up	–	Clinic/Hotel
	Zürich	Spital Zollikerberg	✓	–	–	Clinic/Hotel
	Zürich	Universitätsspital Zürich (USZ)	–	Medical check-up	–	–

Rehabilitation

Canton	City / Town	Clinic	Comfort benefits for outpatient rehabilitation programme	Check-up	Innovative diagnosis and treatment methods (Medical innovation)	Options for overnight stays
AG	Baden	RehaClinic Baden	✓	–	–	Clinic/Hotel
	Bad Zurzach	RehaClinic Bad Zurzach	✓	–	–	Clinic/Hotel
	Rheinfelden	Reha Rheinfelden	✓	–	–	Clinic/Hotel
GL	Braunwald	RehaClinic Braunwald	✓	–	–	Clinic/Hotel
	Glarus	RehaClinic Glarus	✓	–	–	Clinic/Hotel
TG	Zihlschlacht	Rehaklinik Zihlschlacht	✓	–	–	Clinic/Hotel
ZH	Kilchberg	RehaClinic Kilchberg	✓	–	–	Clinic/Hotel
	Zollikerberg	RehaClinic Zollikerberg	✓	–	–	Clinic/Hotel

Psychiatric hospitals and clinics

Canton	City / Town	Clinic	Comfort benefits for outpatient rehabilitation programme	Check-up	Innovative diagnosis and treatment methods (Medical innovation)	Options for overnight stays
BE	Münchenbuchsee	Privatklinik Wyss	✓	–	–	Hotel
TG	Frauenfeld	Clienia Frauenfeld Psychiatric Centre	✓	–	–	Hotel
	Littenheid	Clienia Private Clinic Littenheid	✓	Mental Health (50+)	–	Hotel
	Sirnach	Clienia Sirnach Psychiatric Centre	✓	–	–	Hotel
ZH	Männedorf	Clienia Männedorf	✓	–	–	Hotel
	Meilen	Privatklinik Hohenegg	✓	Burnout	–	Hotel
	Zürich	Clienia Practice Zürich Oerlikon	✓	–	–	Hotel
	Oetwil am See	Clienia Private Clinic Schlössli AG	✓	Mental Health (50+)	–	Hotel
	Uster	Clienia Psychiatric Center Uster	✓	–	–	Hotel
	Wetzikon	Clienia Psychiatric Center,Wetzikon	✓	–	–	Hotel
	Winterthur	Clienia Practice Winterthur	✓	Mental Health (50+)	–	Hotel

Outpatient centres / Doctor's practices

Canton	Place / Source	Centre / Provider	Free choice of doctors and comfort benefits during outpatient procedures, treatments and consultations	Check-up	Innovative diagnosis and treatment methods (Medical innovation)	Options for overnight stays
AG	Zofingen	Preventica AG	–	Medical/sports/ cardio/mental health check-up	–	–
BE	Bern	Health & Medical Service (HMS) / (Location Bern)	–	Medical Check-ups Basic/ Classic/ Premium/ Follow Check-up	–	–
BE	Bern	Medbase Bern Zentrum (Sports Medical Center)	–	Medcal/sports/ stress/physio check-up	✓	–
BS	Basel	Augenzentrum Bahnhof Basel AG/ OP-Zentrum Bahnhof Basel (Ophthamed AG)	✓	–	✓	Hotel
BS	Basel	Health & Medical Service (HMS) / (Location Basel)	–	Medical Check-ups Basic/ Classic/ Premium/ Follow Check-up	–	–
BS	Basel	Medbase Basel Heuwaage (Sports Medical Center)	–	Medical/sports/ physio check-up	✓	–
BS	Basel/Online	SalutaCoach AG (Personalised health coaching)	–	–	✓	–
GE	Grand-Lancy	Medbase Lancy Pont-Rouge (Sports Medical Center)	–	Medical/ stress/check-up	–	–
LU	Luzern	Health & Medical Service (HMS) / (Location Luzern)	–	Medical Check-ups Basic/ Classic/ Premium/ Follow Check-up	–	–
LU	Luzern	Medbase Luzern Allmend (Sports Medical Center)	–	Medical/sports/ physio check-up	✓	–
SG	Abtwil	Medbase Abtwil (Sports Medical Center)	–	Medical/sports/ physio check-up	✓	–
SG	St. Gallen	Health & Medical Service (HMS) / (Location St. Gallen)	–	Medical Check-ups Basic/ Classic/ Premium/ Follow Check-up	–	–

Outpatient centres / Doctor's practices

Canton	Place / Source	Centre / Provider	Free choice of doctors and comfort benefits during outpatient procedures, treatments and consultations	Check-up	Innovative diagnosis and treatment methods (Medical innovation)	Options for overnight stays
SG	St. Gallen	Medbase St. Gallen Einstein (Sports Medical Center)	–	Medical/physio check-up	–	–
SZ	Pfäffikon	Cardiance Clinic AG	✓	–	–	Clinic/Hotel
TI	Bellinzona	Health & Medical Service (HMS) / (Location Bellinzona)	–	Medical Check-ups Basic/ Classic/ Premium/ Follow Check-up	–	–
VD	Lausanne	Health & Medical Service (HMS) / (Standort Lausanne)	–	Medical Check-ups Basic/ Classic/ Premium/ Follow Check-up	–	–
VD	Lausanne	Medbase Lausanne Malley (Sports Medical Center)	–	Medical/physio check-up	–	–
VD	Montreux	Doctor's practice Dr. med. Michael Gaille (C/o Centre Medical Anter)	–	Medical Check-ups	–	–
ZH	Thalwil	Seechirurgie Center (Zürcherstrasse 59)	✓	–	–	Clinic/Hotel
ZH	Winterthur	Medbase Winterthur Brunngasse (Sports Medical Center)	–	Medical/ sports/physio check-up	✓	–
ZH	Winterthur	Medbase Winterthur Win4 (Sports Medical Center)	–	Sports/physio check-up	✓	–
ZH	Zürich	Health & Medical Service (HMS) / (Location Zürich)	–	Medical Check-ups Basic/ Classic/ Premium/ Follow Check-up	–	–
ZH	Zürich	Health Training AG (Department Training&Diagnostics)	–	Sport/ Cardio Check-up	–	–
ZH	Zürich	Medbase Zürich Löwenstrasse (Sports Medical Center)	–	Sports/physio check-up	✓	–
ZH	Zürich	Medbase Checkup Center (Römerhofplatz 5)	–	Medical check-up/ sports check-up	–	–

Outpatient centres / Doctor's practices

Canton	Place / Source	Centre / Provider	Free choice of doctors and comfort benefits during outpatient procedures, treatments and consultations	Check-up	Innovative diagnosis and treatment methods (Medical innovation)	Options for overnight stays
-	Doctor's practice	Bottneuro (Personalized transcranial electrical stimulation using the Miamind® neurostimulator for treatment-resistant depression)	–	–	✓	–
-	Doctor's practice	Eurofins LifeCodexx GmbH, Germany (NIPT genetic testing)	–	–	✓	–
-	Doctor's practice	Exploris Health AG (Cardio Explorer test – detection of life-threatening narrowing of the arteries (stenosis))	–	–	✓	–
-	Doctor's practice	INTLab AG Switzerland (genetic testing/pharmacogenetics)	–	–	✓	–
-	Doctor's practice	Medtronic International Trading Sàrl. (electrode vest for 3D mapping of cardiac arrhythmia)	–	–	✓	–
-	Doctor's practice	Novigenix SA ('Colox' biomarker test/early detection of colorectal cancer)	–	–	✓	–
-	Doctor's practice	Pregnolia AG (premature birth diagnosis during pregnancy through the measurement of cervical stiffness by gynaecologists)	–	–	✓	–
-	Doctor's practice	Viollier AG (genetic testing – lactose intolerance genotype)	–	–	✓	–
-	Doctor's practice	Viollier AG (PCA3-Test: genetic biomarker for prostate biopsy decision)	–	–	✓	–

Pharmacies, Opticians and online

Canton	Place / Source	Centre / Provider	Free choice of doctors and comfort benefits during outpatient procedures, treatments and consultations	Check-up	Innovative diagnosis and treatment methods (Medical innovation)	Options for overnight stays
-	Online	Acticore AG (medical device and app for non-invasive, personalised remote training for pelvic floor muscles)	–	–	✓	–
-	Online	Alonea AG (medical device and app for non-invasive, personalised remote training for pelvic floor muscles)	–	–	✓	–
-	Pharmacies / Online	BIOSYNEX SA ('EXACTO HIV test' self-test)	–	–	✓	–
-	Pharmacies / Online	Desintrade Ltd. (biomarker tests – BMT food inflammation test)	–	–	✓	–
-	Pharmacies / Online	Mepha Schweiz AG ('Autotest VIH' HIV self-test)	–	–	✓	–
-	Online	Oculocare Medical AG/Alleye (early detection of eye disease)	–	–	✓	–
-	Optician	Retinalyze System GmbH (AI-supported eye screening for the early detection of eye disorders)	–	–	✓	–

Experts in genetic counseling

Canton	Place / Source	Centre / Provider	Free choice of doctors and comfort benefits during outpatient procedures, treatments and consultations	Check-up	Innovative diagnosis and treatment methods (Medical innovation)	Options for overnight stays
-	Doctor's practice	Prof. Dr. phil. nat. Sabina Gallati (Advice on genetic examinations)	–	–	✓	–
-	Doctor's practice	PD Dr. med. Gabriella Pichert (Advice on oncogenetic examinations)	–	–	✓	–
-	Doctor's practice	Prof. Dr. med. Stefan Russmann (Advice on pharmacogenetic examinations)	–	–	✓	–

Details of PRIMEO services and benefits in the overview (see also under PRIMEO as well as Medical innovations)

Free choice of doctor, as well as comfort benefits for out-patient procedures, treatments and consultations	– Free choice of doctor from the list of specialists (consultants, senior consultants, professors) at the relevant partner clinic – full cover – Depending on the provider, the outpatient procedures and treatments may vary[1] – Separate processes before and after treatment – Expanded service offering for patients and dependents – Separate recovery zone for patients after treatment
Comfort benefits	– For example, shorter waiting times, special rest area, meals, internet, TV, newspapers, free parking – full cover
Options for overnight stays	– The clinic organises overnight accommodation in a one- or two-bed room (with half-board) at the clinic or at a nearby hotel. – The stay must take place immediately before and/or after the outpatient procedure – Up to CHF 400 per treatment and up to CHF 1,200 per calendar year
Transportation	– For example, for public transport, taxi, private vehicles – up to CHF 500 per calendar year
Preventive medical check-ups	– Exclusive check-up packages covering things such as exercise, sport, nutrition and stress reduction – up to CHF 1,700 every three years
Aids and equipment	– For example, compression stockings – up to CHF 5,000 per calendar year
Implants	– For example, lenses for a cataract operation – 90%, up to CHF 5,000 per calendar year
Innovative diagnostic and treatment methods (medical innovation)	– Costs for innovative diagnostic and treatment methods even before they are added to the benefits catalogue of the basic insurance – 90%, up to CHF 5,000 per calendar year
Medical hotline/online services	– Hotline, online advice, e.g. from the Universitätsspital Zürich (University Hospital Zurich) – up to CHF 300 per calendar year
Abroad	– Same coverage as in Switzerland following approval of costs
Rooming-in stay for one accompanying person	– Accommodation for an accompanying person in connection with an outpatient procedure. CHF 200/procedure up to max. CHF 600 per calendar year [2]
Household help	– Max. CHF 100 per day, for up to 30 days per calendar year, for household help following an outpatient procedure[2]
KidsCare (childcare) Insured person: child	– 40 hours per calendar year Child ill/had an accident: trained caregiver looks after the child at home if the parents must work[2]
Nanny service (childcare service) Insured person: parent	– 40 hours per calendar year Parent(s) in hospital: Childcare provided by experienced professionals from Monday to Friday during regular working hours[2]
Pet care	– Up to CHF 100 per case for pet care (excluding working animals) in connection with an outpatient procedure[2]
Thermal baths	– CHF 20, max. 9 visits per calendar year (within 30 days of the procedure)[2]

[1] Give us a call before your procedure, receipt of benefits or treatment on 0844 80 81 82. We are happy to advise you.
[2] as of January 2025